

I claim:

1. A method of creating an expression of a positive feeling such as love towards another involves taking an empty receptacle, such as a package,

5 placing a note on the package expressing the positive feelings to the recipient of the package and including a request that the package remain unopened but suggesting that the unopened package is filled with the positive feelings.

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2. The method of claim 1 wherein the positive feelings are identified as being feelings of love.

3. The method of claim 1 wherein the note is a poem.

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4. The method of claim 1 comprising an initial step of wrapping and enclosing the package with a gift-style material.

20 5. A closed container, comprising,
a message on the container expressing thoughts of special positive feelings, and including a request that the container not be opened and suggesting that the container is filled with the good feelings.

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6. The device of claim 5 wherein the container is a closed package.

7. The device of claim 5 wherein the message is a poem.

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8. The device of claim 5 wherein the container is a gift-style container.

9. The device of claim 8 wherein the container is covered with a special gift style paper.

10. The device of claim 5 wherein the container is an
5 envelope.